

DINNERLY



Pulled Mushroom 'Meat' Tacos with Pickled Veg and Chipotle Mayo



30 minutes



2 Servings

Top flour tortillas with nutrient-rich mushroom 'meat', zingy pickles and smoky chipotle mayo for a vegetarian flavour bomb.

WHAT WE SEND

- 1 red onion
- coriander
- 1 carrot
- 1 Lebanese cucumber
- 20g chipotle in adobo sauce ⁶
- 250g mushroom meat ⁶
- 6 flour tortillas ¹

WHAT YOU NEED

- 1 tbs white vinegar
- 2 tsp honey
- 1½ tbs mayonnaise ³
- 1 tbs olive oil
- 1½ tbs tomato paste
- 1 tbs soy sauce ⁶

TOOLS

- julienne peeler or box grater
- vegetable peeler
- medium deep frypan with lid
- foil

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 840kcal, Fat 48.6g, Carbs 70.0g, Proteins 26.5g



1. Prep ingredients

Preheat the oven to 220C. Thinly slice the **onion**. Pick the **coriander** leaves and finely chop the stems, keeping them separate. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Peel the **cucumber** into ribbons using a vegetable peeler.



2. Pickle veggies

Combine **1 tbs white vinegar** and **2 tsp honey** in a large bowl. Add the **carrot**, **cucumber**, **coriander leaves** and **half the onion** and toss to combine. Set aside to pickle until needed. Combine **1 tsp chipotle** (see Make it yours), **1½ tbs mayonnaise** and **1 tsp water** in a bowl.



3. Brown mushroom meat

Coarsely shred the **mushroom meat** into a bowl. Add the **coriander stems**, **remaining onion** and **remaining chipotle**. Season with **salt and pepper** and stir to combine. Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **mushroom meat mixture**, stirring, for 2-3 mins until browned.



4. Simmer mushroom meat

Add **180ml (¾ cup) water**, **1½ tbs tomato paste** and **1 tbs soy sauce** to the pan and bring to the boil. Reduce the heat to medium, cover and cook for 12-15 mins until the mushroom meat is tender and the sauce is thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Meanwhile, enclose the **tortillas** in foil. Warm in the oven for 8 mins or until softened. Drain the **carrot mixture**, discarding the liquid. Top the warm tortillas with the **mushroom meat mixture** and **pickled veggies**. Drizzle with the **chipotle mayo** and enjoy!



6. Make it yours

We've suggested this amount of chipotle for flavour, but if you prefer less heat or have little ones, reduce the chipotle to taste.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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